

## PT Enhancement Program Session: Muscle Failure and Dealing with Muscle Soreness



**Pushing Yourself to Succeed!**

### Muscle Failure

The term “Muscle Failure” is described as the inability of a person to do another correct repetition in a set (ref. FM 21-20). *The key here is “the inability of a person to do another,” basically one physically can’t go on. In order to truly reach muscle failure you must push yourself past the point of discomfort.*

- Army use of muscle failure is based on the body’s ability to improve due to continued overload.
- Muscle failure technique is highly effective if used correctly and truly reached.
- “During a timed set of push-ups, a soldier may reach temporary muscle failure at any time before the set is over. If this happens, he should immediately drop to his knees and continue doing modified push-ups on his knees.” – FM 21-20

\* Special care should be taken to rest properly so as to avoid over-training and injury.

### Dealing with Muscle Soreness

Muscle soreness is partially caused by lactic acid build up from working out as well as from micro-tears caused by strenuous exercise (usually appearing 8 hours or more after the workout).

**Treatment:** Massage therapy, light aerobics and stretching targeted at specific muscle groups that are sore. This will increase blood flow to the area to aid in recovery.

**Prevention:** Massage therapy, light aerobics and stretching targeted at specific muscle groups that were worked. Proper carbohydrate and protein intake after a workout will also aid in healing.

\* Avoiding all muscle soreness is not the goal, but greatly minimizing soreness is achievable.

